

## Waldorf Salad

*Lunch Day 10*

### Ingredients:

4 cups diced Red Delicious Apples  
2 Tablespoons granulated sugar  
¼ cup lemon juice  
2 cups celery cut into thin slices  
1 cup coarsely chopped walnuts  
½ cup mayonnaise or plain low fat yogurt  
1 cup sweetened whipped cream or cool whip

1. Wash apples and celery thoroughly.
2. Dice apples and slice celery very thin.
2. Pour lemon juice in a bowl and add diced apples, coating with juice.
3. Drain and add sliced celery and walnuts to apples.
4. Mix sugar and mayonnaise together and fold into whipped whipping cream.
5. Fold above mixture (dressing) into apple mixture. Chill before serving.

**Makes 10-½ cup servings**

